

MONTHLY SORTIE GOALS	
961st Airborne Air Control Squadron	
Monthly flying-hour contract	81.4
Hours flown	51.9
Monthly offset	-29.5
33rd Rescue Squadron	
Monthly flying-hour contract	164.0
Hours flown	305.1
Monthly offset	141.1
909th Air Refueling Squadron	
Monthly flying-hour contract	273.0
Hours flown	276.0
Monthly offset	3.0
44th Fighter Squadron	
Monthly sortie contract	251.0
Sorties flown	284.0
Monthly offset	33.0
67th Fighter Squadron	
Monthly sortie contract	332.0
Sorties flown	234.0
Monthly offset	-98.0
Source:18th MOS/MXOOP, as of Jan. 25	

THE

SHOGUN

Vol. 19, No. 3
Kadena Air Base, Japan
Friday, Jan. 28, 2005

WEEKEND WEATHER

TODAY: Mostly cloudy with isolated rainshowers
NW winds @ 15 knots
High: 63 Low: 57

SATURDAY: Mostly cloudy with rainshowers
NW winds @ 15-25 knots
High: 66 Low: 57

SUNDAY: Mostly Cloudy
NE winds @ 25 knots
High: 63 Low: 55

FRIDAY MORNING'S
COMMUNITYBANK
EXCHANGERATES
BUYING: \$1=Y100 SELLING: Y105=\$1

MISSION ACCOMPLISHED

Kadena units to return home from Southeast Asia tsunami relief effort



An HH-60 Pavé Hawk helicopter from Kadena's 33rd Rescue Squadron is loaded inside a C-5 Galaxy during Operation Unified Assistance in Colombo, Sri Lanka, Jan. 20. More than 560 Kadena Airmen and Sailors have participated in the humanitarian operation that began shortly after Christmas.

By 1st Lt. Gerardo Gonzalez
18th Wing Public Affairs

Kadena Airmen are returning from deployments in support of the operation launched to help victims of the tsunami that killed nearly 300,000 across Southeast Asia.

Operation Unified Assistance began within days after a 9.0 magnitude earthquake on Dec. 26 set-off a tsunami that struck coastal regions and left millions homeless, primarily across Indonesia, India, Malaysia, Sri Lanka and Thailand.

Kadena units went on alert immediately and deployed shortly after the disaster.

Kadena also became a critical hub for airlift missions, delivering more than 4 million pounds of relief supplies and equipment to the region.

"Our initial task was to focus on immediate relief to save lives and end suffering," said Maj. Gen. David A. Deptula, Joint Forces Air Component Commander for Operation

See HOME, Page 5

Kadena's Gate 4 opens, Gate 1 closes Tuesday

By Staff Sgt. Jason Lake
18th Wing Public Affairs

Some Kadena workers will have to change their drive to work routine next week.

Starting Tuesday, Gate 1 will close to all traffic for approximately six months for renovation work.

To keep traffic flowing, base officials will open Gate 4 on the north side of Kadena the same day.

"There is no doubt people will experience some anxiety and frustration over the closure," explained Col. Brent Baker, 18th Mission Support Group commander. "All gate upgrade projects are a must. The end result will be a more efficient and secure entrance for all Kadena residents."

Base civil engineer officials estimate that traffic through Gate 5 near Kadena High School will surge after Gate 1 closes.

Colonel Baker warned drivers to be careful

coming through Gate 5 because of the school zone and the jogging route in the area.

To avoid too much congestion at Gate 5, Colonel Baker said drivers should consider using Gates 3 and 4 as an option.

After Gate 1 closes, base visitor passes will be issued at Gate 2 or Kadena Marina.

Commercial contractor passes will only be issued at Kadena Marina, and only for Gate 4 access.

"We are asking all units expecting commercial truck support to make sure they inform the company in advance on the new procedures," Colonel Baker said. "Projections indicate Gate 4 will easily handle any traffic rerouted to it."

The key for drivers is to be prepared, Colonel Baker said.

"You can expect congestion and confusion at all the gates the first couple days. Give yourself a big dose of extra travel time, dump in a huge amount of patience and we'll survive the six months Gate 1 is closed."



Graphic art by Senior Airman Nathan Fultz



Survey shows human relations climate challenges

Capt. Jonas Gonzales
18th Wing Military Equal
Opportunity chief

In the past year, many Kadena Airmen have participated in the military equal opportunity unit climate assessments. Based on the 2,700 members surveyed, at least 25 percent rated the "Job and Community Environment" as being unfavorable.

Our analysis leads us to believe that our operations tempo here is one of the busiest most of us have experienced. This tempo has created a new definition of "doing more with less" -- while achieving new benchmarks at the same time. Although our operations tempo was not the cause of the unfavorable rating, survey respondents seemed to suggest that operations tempo was a factor.

Judging from the survey, I firmly believe that everyone is experiencing this challenge across the wing. Even

base leadership recognizes that our operations tempo is tremendous. Although there is no way for us to control our ops tempo, there is a way to take care of ourselves, and those around us, by improving the human relations climate at home and at work.

Last year, Gen. John Jumper, Air Force chief of staff, applied a paradigm shift Air Force-wide by implementing the Wingman program.

As the military equal opportunity chief, I challenge you to prevent workcenter drama, issues, and challenges from boiling up and becoming a serious matter by applying the principles of the wingman program.

A wise commander once told me that my job in MEO really focused on how our Airmen related to one another. If something negative disrupts individual relations, then we have a human relations climate challenge. Some people say if you ignore it, it

will go away. In the human relations domain, we say that if you ignore it—it means you are accepting it.

One group commander shared his view with me on sexual harassment during a courtesy visit. He believed that sexual harassment usually starts out with jokes or seemingly harmless behavior. Once it becomes a practice and widely accepted without challenge, the environment becomes open to more intense sexual slurs or inappropriate behavior, which if left unchecked, can lead to a hostile and intimidating working environment.

All of this can be prevented and avoided without a full-fledged confrontation. All it takes is for someone to speak up and act like a wingman. Inform the would-be-offender that they should think twice before making their next move.

Although some may perceive the MEO program as a "touchy-feely, sensitive" program, it is more of a

compliance program than anything else.

Sure, we examine intent versus impact and the consequence of one's behavior. But the bottom line is that we would hardly have drama or issues at work if people complied with policies and standards.

How can you comply? First, understand that your behaviors do impact your comrades. Second, treat your comrades with dignity and respect. Third, be your workcenter's wingman by correcting behavior not consistent with our profession of arms.

Our ops tempo will never slow down—it's a fact we must accept. We don't necessarily have to like everyone in order to work well and function as a team. But if we can't even do the small things properly, like treat each other with dignity and respect, then "Houston, we have a problem."

ACTION LINES

E-mail: 18wvg.cchotline@kadena.af.mil



Brig. Gen. Jan-Marc Jouas
18th Wing commander

The 18th Wing is very interested in ideas that can make Kadena an even better place to live, work and play. If you have a concern that you have been unable to resolve through normal chains of command, then we'll look into it. Although not required, it's better to give commanders, first sergeants or the agencies with which you have the concern the opportunity to correct the situation first. When that fails, send us an e-mail. Include your name and telephone number so someone can get back to you, and a brief summary of your concern.

* Editor's note. While Brig. Gen. Jan-Marc Jouas is deployed supporting Tsunami relief operations, Col. Richard Zink, 18th Wing vice commander, is answering all Hotline questions.

Lost faith in Post Office

I left my elementary school job one morning to go to the Kadena Post Office to send out about 200 official school mailings. The mailings were invitation flyers for the school.

At the post office, an NCO told me that I would have to pitch the mail myself because the post office employees were too busy.

I pitched about 60 mail items myself without being monitored. I then spoke with two other NCOs who said they could pitch 20 a day if I was willing to make a daily trip to bring in the mail.

When I went back to work, I called a supervisor at the post office who backed up his staff's stance on self mail service. He also informed me that since they were very busy, pitching mail was not a priority.

Despite having to pitch the mail myself, I was also upset that no one at the post office checked my ID card while I was pitching mail. How secure is the mailing system if they didn't check my ID card and didn't watch me pitch the mail? Even with cameras, a lot of damage could have been done before they realized it. If the postal workers are too busy to pitch the mail, I am confident they are too busy to look at a camera.

Thank you for your comments regarding our post office. I apologize for the delay in responding to your very important hotline issue. Rest assured that our post office

staff values all customer feedback and wants all personnel on Kadena to receive the level of exceptional customer service for which our base is known.

Your invitations were delivered via the postage-free Military Postal System mail service, placing them in the lowest class of mail and priority for processing per the U.S. Postal Service domestic guidelines. The post office will deliver MPS mail to Kadena mailboxes, but the service may take up to 48 hours, especially during the holidays. As you discovered, our post office has a customer-oriented local policy that permits patrons to pitch their own MPS mail when speedier processing is desired. The Kadena policy allows authorized patrons wishing to distribute flyers to personally pitch the flyers while being monitored by post office staff. However, you raised an excellent point regarding security. We've counseled the member who failed to check your ID and monitor your access to Kadena mailboxes. We've also reemphasized to all postal employees the importance of security in the mail room. I can assure you the post office staff takes this issue seriously, and uses every means possible to ensure the safety of the MPS.

The post office will continue to allow selected patrons to deliver their own flyers. Access to the mail room will be limited and monitored and this service will be done on a case by case basis, and only if the staff is unable to handle local MPS mail within 48 hours due to high mail volume.



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Published by Print 21, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 18th Mission Support Group. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services overseas.

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All copy and other printed material is handled by 18th Wing Public Affairs, Building 128, Kadena Air Base, Japan. The mailing address is 18 WG/PAI, Unit 5141 Box 30, APO AP 96368-5141. Phone DSN 634-3457/5665. Fax 634-2344.

The submission deadline for information to be printed in The Kadena Shogun is 4:30 p.m. on Fridays, seven days before the desired print date.

For editorial submissions, send E-mail to kadenashogun.newspaper@kadena.af.mil.

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SHOGUN WARRIOR OF THE WEEK



Airman 1st Class Kathryn Roa

18th Equipment Maintenance Squadron, fabrication flight information manager

Hometown: Newport News, Va.

Reason for nomination: Airman Roa is a dedicated professional and was recognized as the 18th EMS 2004 Information Manager of the Year.

Time at Kadena: 1 year

Editor's note : *Shogun Warriors* are selected by unit leaders for their outstanding value to their unit and dedication to the Kadena mission. To nominate someone, send the name of your nominee to your unit commander or senior enlisted leaders.

DON'T DRINK AND DRIVE: Did you know-- The average alcohol related fatality in the United States costs \$4 million.

KADENATAX CENTER: The Tax Center, Bldg. 1460, will accept appointments Monday by calling **634-7784** or **634-9889**. The center will be open Saturdays from 9 a.m. to 2 p.m. for walk-ins, and Tuesdays through Fridays from 9 a.m. to 4 p.m. by appointment only.

BLOOD DRIVES: The Camp Lester U.S. Naval Hospital will hold the following blood drives on Kadena:
--Tuesday from 8 a.m. to noon at the 377th Training Squadron, Bldg. 93.
--Friday from 8 a.m. to noon at the 18th Medical Group Clinic.

NOISES OFF: The Pacific Okinawa Players is presenting "Noises Off" at 7:30 p.m. until Feb. 4 at the Foster Community Center Performing Arts Auditorium with matinees on Saturday and Feb. 5 at 3 p.m. For more details, or to reserve tickets, email pops_vp@hotmail.com

AFRICANAMERICAN MONTH PARTY: The Kadena Officers Club will host a 60's and 70's Motown party with a 60's and 70's dress contest Feb. 4 from 8 p.m. to 1 a.m. Tickets cost \$15 with proceeds benefiting the scholarships fund.

CHARITYART AUCTION: The Army Women's Group will hold a charity art auction for all SOFA status personnel from 6 to 10 p.m. Feb. 5 at the Kadena Officers Club. The artwork is traditional and contem-

Flu shots available



Air Force/Senior Airman Mercedes McAlister

Master Sgt. Carlo Padua, 18th Medical Operations Squadron NCO in-charge of immunizations at the Pediatric Clinic, gives a flu shot to 10-year-old Dillon Speight Jan. 19. The 18th MDOS received enough vaccinations for Kadena and more than 3,000 flu shots have already been given.

porary Japanese prints created by renowned Japanese artists. Call Joni Williams at **633-9075** for more details.

FLYINGTRAINING BOARD: The Undergraduate Flying Training Board will be held Feb. 8 at the Air Force Personnel Center to review applications for pilot, navigator and air battle manager candidates. Officers with a date of birth after May 1,

1975 and a total federal commissioned service to date after May 1, 2000, maybe eligible to apply. For application procedures, contact 1st Lt. Alexandria Mauristhene at **634-2930**.

LORE BRIEFINGS: Briefings for the upcoming Local Operational Readiness Exercise will be held at the Keystone Theater Feb. 8, 10, and 11 at 7:30 a.m. and 4 p.m.

CELEBRITY AUCTION: The Kadena High School will hold an auction of celebrity items at 6 p.m. Feb. 12 in the high school cafeteria, and a rug sale in the Kadena Middle School cafeteria Feb. 12-13 from 10 a.m. to 4 p.m. Proceeds will fund graduation night activities for 2005 graduates.

AFRICANAMERICAN MONTH DINNER: The African American Culture Association will sponsor a "Music In My Soul" dinner show and dance at the Kadena Officers Club Feb. 19-21. Tickets cost \$25. Call **633-3139** for more information.

MARATHON VOLUNTEERS: Kadena will host more than 10,000 runners in the 2005 Okinawa Marathon Feb. 27. The 18th Wing Public Affairs office needs volunteers to distribute water and cheer on the runners from 9 a.m. to 2 p.m. If interested, attend a 3 p.m. meeting Feb. 4 in the 18th Medical Group Shima Room, Bldg. 6226., e-mail hideaki.sakihama@kadena.af.mil or call **634-1595** for more information.

PROMOTION RELEASES: Effective beginning with the calendar year 2004A major's board, promotion releases will occur no earlier than 10 months prior to scheduled pin-on date. As a result of this policy change, the projected releases for the CY04A board are: mid to late January (Judge Advocate General/Medical service Corps), no earlier than April 2005 (Line Air Force) and no earlier than June 2005 (Nurse Corps). Currently, no other boards are affected by this policy change.



KADENA SPOTLIGHTS

Congratulations to the following individuals who were selected for promotion to lieutenant colonel:

John W. Kersey Jr., 18th Medical Group
Catherine Bobenrieth, 18th Medical Group
Daniel B. Bruzzini, 18th Medical Group
Thomas Huang, 18th Medical Group

Congratulations to the following individuals who were selected for promotion to major:

Erica J. Griffin, 18th Medical Group
Cecili K. Sessions, 18th Medical Group
Paul R. Connolly, 18th Wing
Brenda J. Wilson, 18th Operations Group

Congratulations to the 2004 PACAF Contracting Award Winners:

Maj. Jeffrey Cooper and **Junko Yamashiro**

Congratulations to the following winners of the 18th Operations Group Professionals of the Year 2004:

Intelligence Officer of the Year -- **Capt. Douglas Leonard**; Intelligence Enlisted of the Year -- **Staff Sgt. Lloyd Dabbs**; Information Management Airman of the Year -- **Senior Airman Gerald Edwards**; Information Management NCO of the Year -- **Staff Sgt. James Beckman**; Personnelist of the Year -- **Staff Sgt. James Jordan**; Life Support Airman of the Year -- **Airman 1st Class Christopher Owen**; Life Support NCO of the Year -- **Tech. Sgt. James Massengale Jr.**; ARMS Airman of the Year -- **Senior Airman Brandon Piper**; ARMS NCO of the Year -- **Tech. Sgt. Andrew Magdanz**; Wingman of the Year -- **Capt. Andy Jacob**; Airfield Management Professional of the Year -- **Tech. Sgt. Leroy Tyler, III**; Weather Professional of the Year --

Tech. Sgt. Kimberly Lester; Air Traffic Control Professional of the Year -- **Staff Sgt. Scott Thomas**; Rookie of the Year/First Term Airman -- **Airman 1st Class Wendy Little**; Airman of the Year -- **Airman 1st Class Jessica Billingsly**; NCO of the Year -- **Staff Sgt. Thomas Cotten**; Senior NCO of the Year -- **Master Sgt. Charles Stiefken**; Lieutenant of the Year -- **1st Lt. Ashley Berg**; Company Grade Officer of the Year -- **Capt. August Pfluger**; Category I Civilian of the Year -- **Rachel Holmes**; Category III Civilian of the Year -- **Gary Brown**; Flight Surgeon of the Year -- **Maj. Robert Kent**; Resource Advisor of the Year -- **Capt. Alphonzo Belcher**; Additional Duty First Sergeant of the Year -- **Master Sgt. Renita Patterson**; Instructor Pilot of the Year -- **Capt. Andrew Fogarty**; Aircraft Commander of the Year -- **Capt. Lee Boedeker**; Flight Engineer of the Year -- **Staff Sgt. Heath Culbertson**; Navigator of the Year -- **Capt. Matthew Patton**; CoPilot of the Year -- **1st Lt. Paul Whitsel**; Weapons Director of the Year -- **Tech. Sgt.**

Jerry Blake; Air Weapons Officer of the Year -- **Capt. Billy Clark**; Support NCO of the Year -- **Staff Sgt. Margarita Harshman**; Support Airman of the Year -- **Airman 1st Class Christopher Owen**; Superior Leadership of the Year -- **Maj. Jason Forest**; Assistant Director of Operations of the Year -- **Maj. John Harlan**; UDM/Readiness Professional of the Year -- **Tech. Sgt. Gregory Diggs**; Outstanding Medical Technician of the Year -- **Staff Sgt. Kelly Naas**; Superintendent of the Year -- **Master Sgt. Jeremy Hardy**; Flight Scheduler of the Year -- **Capt. John Krellner**; Executive Officer of the Year -- **Capt. Jacqueline Dillon**; Flight Commander of the Year -- **Capt. John Mangan**; Enlisted Evaluator of the Year -- **Tech. Sgt. Kirk Sather**; Officer Evaluator of the Year -- **Capt. Andrew Fogarty**; Enlisted Instructor of the Year -- **Staff Sgt. Gabriel Serna**; Officer Instructor of the Year -- **Capt. Penny Cunningham**; Flight Lead of the Year -- **Capt. Anthony Massett**; Warrior Spirit of the Year -- **Staff Sgt. Charles Bouck**

NEWS BRIEFS

Continued from page 3

LEGAL POSITION AVAILABLE: The Funded Legal Education Program and Excess Leave Program allows active duty officers to become judge advocate generals without leaving the Air Force. Applications for these programs are accepted annually from Jan. 1 to March 1. Call **634-2179** or visit www.jagusaf.hq.af.mil for more information.

SCHOLARSHIPS: The Kadena Officers' Spouses Club Scholarship applications are available at the guidance offices at Kadena and Kubasaki high schools, the KOSC Gift Corner, the Education Office and the Kadena Library. Deadline for applications is Mar. 31 and entries must be submitted by mail. Contact Stephanie Rosenfeld at **633-6705** for more information.

ABSENTEE VOTING: The presidential election is over, but every active duty member must be provided a Federal Post Card Application SF76 each year. The FPCA registers each voter for the new year and requests absentee ballots be sent to them for elections in their state. Contact your unit voting assistance officer for an SF76, or call **634-5839**.

CAC APPOINTMENTS: The Navy Personnel Support Detachment now requires appointments for issuing or updating ID cards. Appointments can be made at www.cfao.navy.mil (click on "CAC CARDS") or <https://es.cac.navy.mil>

ESTATE CLAIMS: Anyone with claims against Staff Sgt. Jacob Livingston, contact 2nd Lt. Darren L. Hill at **634-6766/8575** or by e-mail at darren.hill@kadena.af.mil

♦ Anyone with claims against the estate of Tech. Sgt. Kenneth Shelton, contact 1st Lt. Tyeshia King at **634-3322**, or e-mail at tyeshia.king@kadena.af.mil.

PACAF planner attributes relief effort success to exercises

By Staff Sgt. Jason Lake
18th Wing Public Affairs

The Pacific Air Forces Director of Air and Space Operations applauded Kadena Airmen for their contributions to the tsunami relief effort during a visit to the base Jan. 20-21.

"The team members from Kadena have been a critical element in providing rapid response to disaster relief efforts," said Maj. Gen. David Deptula, who spoke with Kadena leadership before flying to Southeast Asia to survey Air Force relief efforts. "The men and women at Team Kadena have been supporting [deployed troops], and have provided a very critical element in getting U.S. supplies [delivered] in a very responsive fashion."

The general attributed Operation Unified Assis-

tance's success to the fact that Airmen in the Pacific region have trained with Southeast Asian countries through exercises like Cope Tiger.

"It is important for people to understand that participation in exercises by nations in the region allows us to secure greater peace and stability and form valuable relationships that allow us access into places like Utapao, [Thailand], where the command and control center was rapidly set up," he said.

General Deptula said over the past decade, Air Force leadership has stressed the importance of improving command and control capabilities. As a result, the Air Force's ability to quickly deploy units worldwide—whether for a humanitarian or combat mission—greatly increased.

"There's not a more responsive component than the Air Force for getting up to speed rapidly to provide either bombs, bullets or relief supplies for the appropriate joint task force commander's requirement," he said.

After nearly a month of tsunami relief support by Air Force units, Gen. Deptula confirmed the reduction of forces deployed as affected countries move from emergency relief to reconstruction.

As a result of the recovery, General Deptula said this year's Cope Tiger exercise in Thailand will continue as planned, but there will be one small change to the annual exchange with Thai and Singaporean military forces.

Sailors aboard the USS Abraham Lincoln will fill in for the 3rd Marine Expeditionary Force (Okinawa) due to continued relief operations,

he said.

Eight F-15 Eagles and 70 Airmen from the Hawaii Air National Guard's 199th Fighter Squadron were one of the first elements to deploy for the exercise Monday.

More than 40 Airmen from Kadena's 44th Fighter Squadron also deployed with four F-15 Eagles for the exercise. The two units will combine to form an active duty—guard unit. A crew from the 961st Airborne Air Control Squadron will also participate in the exercise.

Cope Tiger is the largest exercise in the Southeast Asia region involving fighter aircraft from joint services. More than 2,100 people will participate in the exercise, including about 620 U.S. servicemembers and 1,500 servicemembers from Thailand and Singapore. The exercise is scheduled to end Feb. 4.

DoD healthcare spending doubled in past four years

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON—Defense Department healthcare spending for service members and military retirees has doubled in the past four years, DoD's senior medical adviser noted here Jan. 24.

DoD will spend almost \$37 billion on health care in fiscal 2005, Dr. William Winkenwerder Jr., the assistant secretary of defense for health affairs, told attendees at the annual Tricare conference.

"That means that spending on health under the Defense Department has essentially doubled in size in just the past four years," Winkenwerder reported.

Future departmental healthcare spending is projected to be "very rapid," he pointed out, and "appears likely to exceed \$50 billion within five years."

And if current trends continue, Winkenwerder noted, then 75 to 80 percent of overall DoD healthcare funding will be spent "for individuals and depen-

dents who are no longer on active duty."

Expanding medical benefits for military retirees and their families, Winkenwerder noted, has "clearly" helped to increase DoD's health care costs.

But he also pointed at DoD's pharmacy program costs, which he said now costs about \$5 billion annually, a five-fold increase since 2001.

It's imperative, Winkenwerder emphasized, that department healthcare professionals "apply our full attention and our best management efforts to these matters," noting DoD will issue updated guidance "in the way we manage our pharmacy benefits going forward."

Senior departmental leaders, from Defense Secretary Donald H. Rumsfeld on down, Winkenwerder reported, have been provided "with the facts of our spending patterns, cost trends, funding needs, and how we're addressing these problems and issues."

DoD has obtained "solid funding commitments," Winkenwerder noted, for projected health care costs in 2006 and 2007.

Guam tour lengths change

RANDOLPH AIR FORCE BASE, Texas — The assistant secretary of defense has approved a tour length change to Guam.

Beginning Jan. 1, 2006, accompanied tours will change from 24 to 36 months, and unaccompanied tours will go from 15 to 24 months. This makes an assignment to the island a long tour versus a short tour.

Airmen who report to Guam before Dec. 31 will continue to receive short tour credit. Those reporting on or after Jan. 1 will serve the long tour and subsequently receive long-tour credit.

Airmen can contact their local military personnel flight for more information.

Air Force Personnel Center News Service

Team Kadena Key Spouse Program gets underway

By Senior Airman
Anna Fitzhorn
18th Wing Public Affairs

How many military spouses become "shell-shocked" after coming to Kadena? Japanese culture shock, moving away from the support of family and friends, or being unfamiliar with the military lifestyle while their loved one is deployed can leave spouses feeling frazzled and overwhelmed.

A new program currently in development by the Family Support Center will provide another forum in the commander's 'toolkit' of resources to focus on such issues and help commanders take care of their people.

The Air Force Key Spouse Program, which originally

started in 1997, uses one or more spouses from an Airman's unit as the focal point for information and support for the rest of the unit's families. Kadena's Family Support Center staff members have stepped up to the challenge of revitalizing the program for all military units on Kadena in 2005.

"The Family Support Center is looking forward to assisting Team Kadena in building a very active Key Spouse Program," explained Donna Huffman, one of Kadena's program organizers. "The [Family Support Center] will provide training in areas such as key spouse responsibilities, first sergeant and commander roles, and suggestions on how to get a unit's program

running."

Ms. Huffman said Kadena's Key Spouse Program will be a good addition to spouse groups, resources and extensive command support already in-place.

"We'll discuss communication and how to be an effective key spouse, professionalism, examples and ideas to help them build a solid unit program, and most importantly, we'll talk about community resources available to Kadena families."

Capt. Samantha Blanchard, Family Support Center director, said key spouses will welcome incoming families and familiarize them with available services, offer information and referral assistance to families during crisis or difficulty, and assist other spouses while their loved ones are deployed.

"[The program] will provide a greater level of communication between families and their squadrons," she said. "It gives spouses the ability to get help when they need it, and gives family focus to the squadrons."

To achieve this, key spouses will work directly with unit first sergeants to provide commanders with



Air Force/Senior Airman Mercedes McAlister
(Right) Col. Richard Zink, 18th Wing vice commander, talks to commanders' spouses about the benefits of the Kadena Key Spouses Program at the Family Support Center Jan. 18. The spouses attended the first meeting to revitalize the Air Force program here.

information and feedback regarding family readiness issues and potential problems.

Captain Blanchard also stressed the importance of involving enlisted spouses. "We want key spouses to be peers, so that families who wouldn't feel comfortable approaching an officer's spouse will be able to approach someone they will feel more comfortable with," she explained.

Karen Zink, wife of Colonel Zink, attended last week's initial meeting on the program. Based on experiences during previous assignments, she said the Air Force Key Spouse Program has enormous potential to increase quality of life on such a large base as Kadena.

"I've seen it work elsewhere," said Mrs. Zink, "and because of Kadena's size, it's even more important to have the program here."

Want to be a key spouse?

Any motivated spouse of a servicemember with organizational skills, experience in military life and a positive attitude about the Air Force should volunteer to become a key spouse. Spouses can also be chosen if they have recommendations from officers, senior NCO's, chaplains, or first sergeants. All potential key spouses will be interviewed followed by training with the Family Support Center. For more information, call the Family Support Center at 634-3366.

HOME

Continued from Page 1

Unified Assistance, during a visit to Kadena Jan. 21.

More than 300 Kadena Airmen from various job specialties deployed in support of the humanitarian relief mission, as well as KC-135 Stratotankers, HH-60 Pave Hawks, and special operations MC-130 aircraft. Kadena-based Navy P-3 Orion aircrews and support personnel also flew initial damage assessment missions and assisted in search and rescue efforts.

"People [in the region] have seen the face of assistance," General Depula said about the deployed U.S. servicemembers working hand-in-hand with local authorities to help the tsunami victims.

According to the general, Airmen were welcomed into the region by grateful host countries but were also challenged due to the magnitude of the relief effort.

"Our biggest challenges were determining requirements and then setting up the appropriate distribution systems to meet those requirements," he said.

People and equipment from Kadena contributed to a force of over 11,000 Airmen, Soldiers, Sailors and Marines involved in the operation. Some Airmen have already returned from the mission and many more are expected this week.



Photos by Air Force/Senior Airman Mercedes McAlister

Learning English...the fun way!

SING ALONG: Airmen 1st Class Jessica Hamm, Joselyn Dwyer and Tech. Sgt. Craig Trayer, 18th Munitions Squadron, teach students of Bito Elementary School "Head, Shoulders, Knees and Toes" as part of the 18th Wing Public Affairs community relations English tutoring program Jan. 22. More than a dozen Kadena volunteers participated in the bi-weekly program.

VISUAL AIDS: Senior Master Sgt. Calvin Vance, 18th Logistics Readiness Squadron, teaches students English phrases using picture cards. To volunteer for an upcoming class, call 634-5499.



KADENA AIR BASE, OKINAWA, JAPAN

"As men and women across the devastated region begin to rebuild, we offer our sustained compassion and our generosity, and our assurance that America will be there to help."

—President George W. Bush—



ORGANIZATION OF AMERICAN WOMEN

Team Kadena...First to respond



KEYSTONE OF THE MACHINIC

Catch a glimpse of Okinawa's past



Photos by Air Force/Senior Airman Mercedes McAlister
DANCERS: Traditional Ryukyuan dancers give free performances for Shuri Castle visitors each Wednesday, Friday through Sunday and national holidays. Visit Kadena's Information, Tickets and Tours in the Schilling Community Center to sign up for a castle tour in March, or call 634-4322.

CASTLE: Built in the late 14th Century, Shuri Castle was the royal seat of the Ryukyu Kingdom and served as the administrative center as well as the residence of Ryuku kings for more than 500 years. The castle burned down during the Battle of Okinawa in 1945, only to be restored in 1992. The three-story wooden structure has more than 57,000 tiles and 100 pillars on the first floor alone.

The Okinawa Perspective

The following is a synopsis of articles that appeared recently in Japanese newspapers.

□ Twenty Kadena Boy Scouts held activities with Okinawan Boy Scouts during a Camporee Jan. 22-23.

□ The 2005 Special Olympics World Winter Games torch run will be held in Naha City Sunday. Okinawa's floor hockey team will participate in the run. Last year, the floor hockey team won the national title after being trained by U.S. servicemembers during the Kadena Special Olympic Games.

□ Two Marines accused of hitting a local national and stealing ¥4,000 were sentenced to four years imprisonment with three years probation after Fukuoka High Court in Naha reviewed their appeal of a two year imprisonment sentence by a lower court.

□ The initial trial on two alleged trespass and rape cases (1998, 2004) involving Dag Thompson, an Army Air Force Exchange Service employee, opened in Naha District Court Tuesday.

□ The Japan Health Ministry decided Monday to accept nurses, paramedics and other medical staff from overseas as trainees at Japanese hospitals. Foreign medics can also practice medicine in emergency relief areas.

"Ask Eiko" is a forum for readers to ask Japanese cultural questions to Kadena's family support center's cultural awareness expert, Eiko Ishikawa. To submit a question, send an e-mail to: ask.eiko@kadena.af.mil.

Q : What is a "bento" and why are they so popular?

A : Bento is the Japanese word for boxed lunch. A traditional bento is half rice, and the other half consists of several side dishes using vegetables, meat, fish and eggs.

In researching this, I found a great website for kids that explained about bento in such a great fashion (<http://web-japan.org/kidsweb/virtual/bento/top.html>).

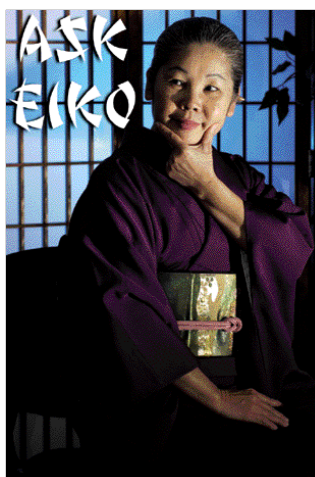
The earliest records of packed lunches in Japan date back to around the 5th Century. People going out to hunt, farm, or wage war took food with them to eat - typically dried rice, or rice balls.

According to the Nihon Shoki (Chronicles of Japan), one of Japan's oldest historic records, falconers used feed sacks as lunch bags when they went out hawking.

Bento is said to have originated with a 16th Century military commander named Oda Nobunaga (1534-1582), who handed out food to each member of his army. The word bento was coined to describe the simple meals that were distributed in this manner.

Traditionally, people working outdoors carried their lunches with them because they did not have time to go home for meals. These box lunches were typically built around such staples as white rice, rice mixed with millet or potatoes - depending on the region.

During the Edo period (1603-1868), people considered bento an essential accompaniment to outdoor excursions



or the theater.

The makunouchi bento, which typically contains small rice balls sprinkled with sesame seeds and a rich assortment of side dishes, made its first appearance during this era. Makunouchi refers to the interval between the acts of a play, and the bento is said to have gotten its name from the fact that spectators ate it during intermission.

In the Meiji period (1868-1912), when Japan's railway system began, the ekiben ("station bento," or box lunches sold at train stations) appeared.

The first ekiben - rice balls with pickled apricots inside - was reportedly sold in 1885 at Utsunomiya Station in the Tochigi Prefecture. Ekiben are still popular at Japanese train stations today.

Bentos range in size from a single rice ball, normally wrapped in seaweed and with some sort of flavoring inside, to those that come in multiple stacked boxes.

The price ranges from as little as ¥100 to more than ¥10,000 for large, decorative, ceremonial bento. The average bento eaten for lunch is between ¥300 and ¥1,200.

As stated above, the contents of the bento are infinite, but there are regional favorites, such as the goya bento in Okinawa, crab bento in Hokkaido, Tonkatsu (pork cutlet) bento in the Kanto plains, and so on.

One Web site estimated that as many as 70 percent of Japanese workers have a bento for lunch. It noted that even in the employee cafeterias in major department stores and industrial sites, the pre-made bento was the best selling item.

Proof of the bento's popularity can be seen just by counting the number of Hoka-Hoka Bento chain restaurants throughout Japan. There are also a large number of other bento shops throughout Okinawa. Many of them are open 24-hours per day.

If you have never tried a bento, I recommend visiting one of the Hoka-Hoka Bento or local shops with pre-made bentos on display. That way you can look at the picture or the actual product, make a good guess of its contents, and try something you know you like. Then the next time, maybe you'll be more adventurous and try something you can't identify.

Of course we all like to have a hamburger with french fries for lunch at times, but a bento is normally a much healthier and generally tastier alternative.

Today

GET YOUR GAME ON: The Youth Center will host a basketball game at the O'Connor Gym from 7 to 9 p.m. Open to youth members ages 9 to 12.

DJ CLUB: Teens can learn how to DJ with King Freeze and Ja StiKz from 5 to 6 p.m. at the Teen Center.

VIRUS FRIDAZE: Enjoy the "Partae" Virus at the Banyan Tree Club from 10 p.m. to closing.

GROUP TENNIS LESSONS: Kadena Tennis Center offers lessons for all levels of play for anyone ages 5 or older. The class fee is \$35 for adults and \$30 for children for four one-hour lessons. Call **634-0695** or **634-3157** for more information.

AFTER SCHOOL FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children ages 10 and older need only show an ID card to join. All 9-year-olds must be signed in by a parent. Pick up forms available at the front desk to enroll your child(ren) in this program. Call **634-3663**.

KUMON MATH: Children ages 5 to 18 can learn to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call **634-1387**.

NIGHT OWL BINGO: Play bingo at the Rocker NCO Club. Card sales begin at 9:30 and play starts at 10:30 p.m.

Saturday

DIGITAL ARTS CLUB: The Teen Center Millennium has new state-of-the-art equipment and software. Join the Digital Arts Program from 1 to 2 p.m. and prepare for digital arts festivals, which allow members a chance to enter their original works in national competitions. Call **634-3866** for more information.

NAGO CHERRY BLOSSOM FESTIVAL TOUR: Call ITT at **634-4322**.

TABLETOP WARRIORS CLUB: Join the Schilling Community Center for great tabletop gaming from 10 a.m. to 10 p.m.

CASTLE RUIN EXPLORATION TOUR: Call ITT for more information at **634-4322**.

SAX, FLUTE, CLARINET LESSONS: One-hour sessions from 7 a.m. to noon at the Schilling Community Center for ages 5 and up. Call **634-1387**.

MACHINE PATCHWORK QUILTING CLASS: From 9 a.m. to 5 p.m. at the Schilling Community Center. Call **634-1387**.

GIANT YARD SALE: Unload your unwanted Christmas gifts or excess goods and make a little cash at the Schilling Community Center parking lot from 9 a.m. to 4 p.m. Call **634-1387** for more details.

HOT LATIN MIXES: Enjoy Latin music at the Rocker NCO Club Lounge from 9 p.m. to close.

Sunday

KINOSHITA CIRCUS TOUR: Call ITT for more information at **634-4322**.

FAMILY DAY: Games are \$1 each for parents and children that bowl together at Emery Lanes from 8 a.m. to 11 p.m. A three game limit may apply.

HOME-BASED BUSINESS SHOW: Stop by the Schilling Community Center to look at the quality products and services you won't find anywhere else on the island. Call **634-1387** for more details.

NAGO CHERRY BLOSSOM FESTIVAL TOUR: Call ITT for more information at **634-4322**.

Monday

ISHIMINE CHILDREN'S HOME: Volunteer with the Teen Center Keystone Club and the Youth Center's Torch Club to interact with Japanese youth at 5:30 p.m. in the Teen Center. Activities may include playing games, arts and crafts, singing songs and simple English lessons. Call **634-3866** for more information.

GROUP TENNIS LESSONS: Kadena Tennis Center offers lessons for all levels of play for anyone ages 5 or older. The class fee is



Air Force/Senior Airman Mercedes McAlister



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Car wash cash

HOSING DOWN: Blake Tillis, Commanders Task Force 76 chief at White Beach Naval Station, does his part to help the Kadena Middle School's booster club raise money for school activities during a car wash at the Kadena Middle School parking lot Jan. 22. The car wash raised more than \$100 in four hours.

WAX ON, WAX OFF: Dinah Toups, wife of Lt. Col. Gary Toups, 18th Medical Operations Squadron, helps dry off a car during the booster club fundraiser Jan. 22. The car wash was held to raise money for the school's booster club.

\$35 for adults and \$30 for children for four one-hour lessons. Call **634-0695** or **634-3157** for more information.

JAPANESE CONVERSATION: Adults can make friends with Okinawan neighbors by learning their customs, culture and language from 7:30 to 9 p.m. at the Schilling Community Center. Call **634-1387**.

AFTER SCHOOL FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children ages 10 and older need only show an ID card to join. All 9-year-olds must be signed in by a parent. Pick up forms available at the front desk to enroll your child(ren) in this program. Call **634-3663**.

50-CENT BOWLING : Low on cash? Participate in Emery Lanes' January "Broke after Christmas" special to pay only 50 cents per game from 8 a.m. to 5 p.m.

CAKE DECORATING: Learn the techniques for mastering the basics of cake decoration from 6:30 to 8:30 p.m. at the Schilling Community Center. Call **634-1387**.

Tuesday

BOWLING LOCK-IN: Lock up your kids, ages 6 to 12, in the Youth Overnight Lock-in at Emery Lanes Feb. 19. Youths can enjoy bowling, food, movies, games and fun all night. Register your child for \$20 at Emery Lanes or call **634-2290** for more details.

ARTS & CRAFTS: Sign up for March classes at the Kadena arts and crafts center. Call **634-1666** for more information.

LAP SWIM: The Kadena High School pool is open for lap swim from 5:30 to 7 a.m. and 4 to 6 p.m.

POWER HOUR: The Teen Center will host the Power Hour program where students can do homework, read, or do other educational type activities starting at 2:30 p.m.

TAI CHI CHAUN: Learn the Chinese art of Tai Chi which involves slow motion moves and routines with numerous benefits to your health in the adult class from 5 to 6:30 p.m. at the Schilling Community Center. Call

634-1387 for more details.

AFTER SCHOOL FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children ages 10 and older must show an ID card to join and all 9-year-olds must be signed in by a parent. Pick up forms at the front desk to enroll or call **634-2290** for more details.

ROCKER NCO: Join the Rocker NCO Club from 7 p.m. until closing for Krazy Karaoke.

BANYAN TREE: Join the Banyan Tree Club from 7 p.m. until closing for Rock Night with DJ Mad Cap and win cash prizes with a pool tournament starting at 8 p.m.

SWEETS FOR YOUR SWEETIE: Order a heart shaped cookie with a short message for \$7.95 at the Banyan Tree Club Catering Office from now until Feb. 10. Payment is due at time of order. Call **634-0644** for more details.

Wednesday

KUMON MATH: Children ages 5 to 18 years can learn to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call **634-1387** for more details.

LAP SWIM: The Kadena High School pool is open for lap swim from 5:30 to 7 a.m. and 4 to 6 p.m.

JAPANESE CONVERSATION: Make friends with your Okinawan neighbors by learning their customs, culture and practical conversation from 7:30 to 9 p.m. at the Schilling Community Center. Call **634-1387** for more details.

POWER HOUR: The Teen Center will host the Power Hour program where students can do homework, read, or do other educational type activities starting at 2:30 p.m. A tutor will be available for Math, Algebra 1 and 2, English, Geometry, Biology and U.S. History.

AFTER SCHOOL FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children ages 10 and older must show an ID card to join and all 9-year-olds must be signed in by a parent. Pick up forms at the front desk to enroll or call **634-2290** for more details.

THREE'S A CROWD: Bring your friends or family to Emery Lanes from 5 to 11 p.m. and bowl for \$1.25 a game for groups of three or more.

ROCKER NCO: Join the Rocker NCO Club from 5 to 8 p.m. for Jazz with the Doctor followed by Old School music until closing.

BANYAN TREE: Join the Banyan Tree Club from 8 to 11 p.m. for Rock Night Banyan Tree Style.

Thursday

ISHIMINE CHILDREN'S HOME: Volunteer with the Teen Center Keystone Club and the Youth Center's Torch Club to interact with Japanese youth at 5:30 p.m. in the Teen Center. Activities may include playing games, arts and crafts, singing songs and simple English lessons. Call **634-3866** for more information.

TAI CHI CHAUN: Learn the Chinese art of Tai Chi which involves slow motion moves and routines with numerous benefits to your health in this adult class from 5 to 6:30 p.m. at the Schilling Community Center. Call **634-1387** for more details.

JAPANESE CONVERSATION: Make friends with your Okinawan neighbors by learning their customs, culture and practical conversation from 10 to 11:30 a.m. at the Schilling Community Center. Call **634-1387** for more details.

POWER HOUR: The Teen Center will host the Power Hour program where students can do homework, read, or do other educational type activities starting at 2:30 p.m. Earn power points by participating in the "Logic Problem Solving Challenge" and cash in the points for great prizes.

AFTER SCHOOL FREE BOWLING: Children ages 9 to 18 are invited to bowl for free from 2:30 to 5 p.m. at Emery Lanes. Children ages 10 and older must show an ID card to join and all 9-year-olds must be signed in by a parent. Pick up forms at the front desk to enroll or call **634-2290** for more information.

LAP SWIM: The Kadena High School pool is open for lap swim from 5:30 to 7 a.m. and 4 to 6 p.m.

JAPANESE CALLIGRAPHY: Bring Japanese words to life at this adult class from 6:30 to 8:30 p.m. at the Schilling Community Center. Call **634-1387** for more details.

FREE SALSA DANCE LESSONS: Learn the basics of salsa dance at the Officers Club from 7 to 9 p.m. in the Weekender Lounge. Open to club members only.

ROCKER NCO: Join the Rocker NCO Club from 8 p.m. until closing for Ladies Night.

BANYAN TREE: Join the Banyan Tree Club from 7 p.m. until closing for Country Night with DJ Chaps.

Friday

MIAMI DOLPHIN CHEERLEADERS: Meet and greet the Miami Dolphin Cheerleaders in the Rocker NCO Club Lounge from 5 to 6 p.m.

BOWL ALL NIGHT: Emery Lanes is open 24 hours on weekends. The facility opens at 6 a.m. Friday and remains open until 11 p.m. Sunday.

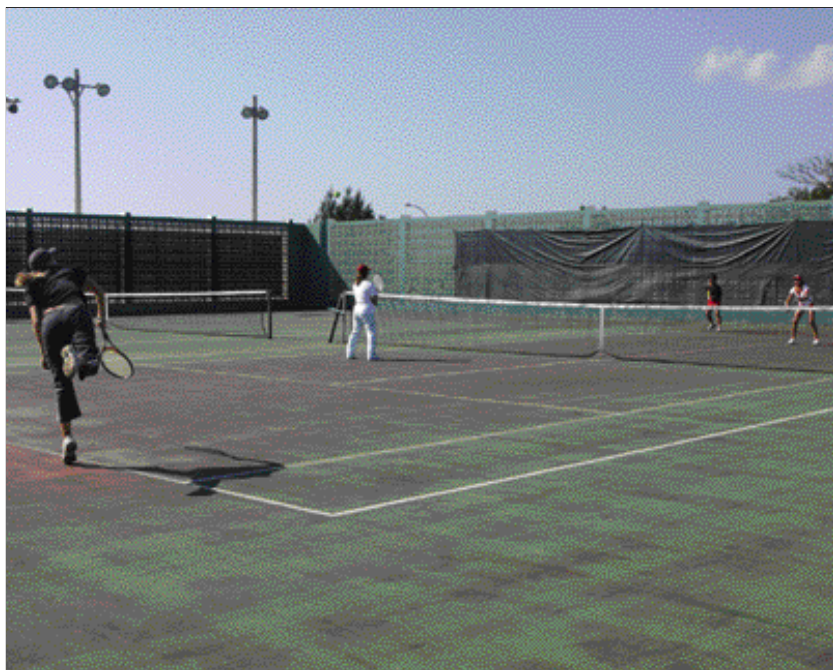
NIGHT OWL BINGO: Join the Rocker NCO Club for a night of bingo with card sales beginning at 9 and play at 10:30 p.m.

R&B PARTY: Join the Rocker NCO Club from 9 p.m. until closing in the Lounge.

KUMON MATH: Children ages 5 to 18 years can learn to excel in math and develop superior study habits from 3 to 5:40 p.m. at the Schilling Community Center. Call **634-1387** for more details.

MOVIES	
<i>Patrons should call Keystone Theater at 634-1869 or Butler Theater at 645-3465 to verify movie titles, showtimes and ratings.</i>	
Keystone Theater	
▲ Today.....	The Incredibles, PG, 6 p.m.
	Phantom of the Opera, PG-13, 9 p.m.
▲ Saturday.....	Phantom of the Opera, PG-13, noon
	The Incredibles, PG, 4 p.m.
	Woman Thou Art Loosed, R, 7 p.m.
▲ Sunday.....	Phantom of the Opera, PG-13, noon
	The Incredibles, PG, 4 p.m.
	Woman Thou Art Loosed, R, 7 p.m.
▲ Monday.....	Coach Carter, PG-13, 7 p.m.
▲ Tuesday.....	Coach Carter, PG-13, 7 p.m.
▲ Wednesday..	Woman Thou Art Loosed, R, 7 p.m.
▲ Thursday.....	Racing Stripes, PG, 7 p.m.
Butler Theater	
▲ Today.....	Woman Thou Art Loosed, R, 7 p.m.
	Saw, R, 10 p.m.
▲ Saturday.....	Racing Stripes, PG, 1 p.m.
	Racing Stripes, PG, 4 p.m.
	Woman Thou Art Loosed, R, 7 p.m.
	Alfie, R, 10 p.m.
▲ Sunday.....	Racing Stripes, PG, 1 p.m.
	Racing Stripes, PG, 4 p.m.
	Woman Thou Art Loosed, R, 7 p.m.
▲ Monday.....	Racing Stripes, PG, 7 p.m.
▲ Tuesday.....	unavailable
▲ Wednesday..	unavailable
▲ Thursday.....	unavailable

CHAPEL	
<u>Catholic</u>	
▲ Monday through Friday	: Mass, Chapel 2, noon.
▲ Saturday	: Confession, Chapel 2, 3:30 to 4:30 p.m.
	Vigil Mass, Chapel 2, 5 p.m.
▲ Sunday	: Mass, Chapel 3, 8:45 a.m.
	Mass, Chapel 1, 12:30 p.m. and 5 p.m.
<u>Protestant</u>	
▲ Wednesday	: Bible Study, Chapel 2, 7 p.m.
▲ Sunday	: Inspirational, Chapel 2, 8:30 a.m.
	Liturgical, Chapel 3, 8:45 a.m.
	Evangelical, Chapel 1, 9 a.m. and 10:45 a.m.
	General Protestant, Chapel 2, 10:30 a.m.
	Gospel, Chapel 3, 10:30 a.m.
	Sunday school, Bldg. 326 & Bldg. 327, 10:45 a.m.
▲ Hindu service:	Mondays, Chapel 1, noon.
▲ Eastern Orthodox service:	call 645-7486
▲ Jewish services:	call 637-1027
▲ Islamic services:	call 636-3219



Air Force/Senior Airman Mercedes McAlister

Americans vs. Japanese in friendship tournament

ABOVE: (From left to right) Al Sexton and Shinobu Voss face off against Rachel Howard and Kyomi Kinjo during the American and Japanese Friendship Tennis Tournament at the Risner Fitness Center tennis courts Saturday. The annual tournament gathered about 25 Americans and 25 Japanese tennis players together for the all-day event. The competition split into four classes, with the Men's Intermediate and Women's Open doubles team playing Saturday. Hanks and Tibbetts won second place overall in the Men's Intermediate tournament. The Men's Open and Women's Intermediate classes will play Saturday from 1 to 6 p.m. at the Risner Fitness Center tennis courts.

RIGHT: Kyomi Kinjo lunges for the ball during the American and Japanese Friendship Tennis Tournament at the Risner Fitness Center tennis courts Saturday. The tournament was held to promote island-wide participation and present Kadena members to local national competitors. Kinjo and her partner Rachel Howard took first place in the Women's Open match.



Air Force/Senior Airman Mercedes McAlister

A good day for a fun run



Air Force/Senior Airmen Mercedes McAlister

Tina Davis, 18th Medical Squadron, and Tim Ebben, 19th Expeditionary Fighter Squadron from Elmendorf Air Force Base, Alaska, take the hill during the Inauguration Day 5k Fun Run hosted by Kadena's Risner Fitness Center. The fitness center holds a 5k Fun Run/Walk once a month and individuals can earn awards based on their participation. Next month's activity is the Valentines Day 5k Run/Walk at 11 a.m. Feb. 21 at the Risner Fitness Center.

INTRAMURAL BASKETBALL

Standings

Upcoming games

Division I

	W	L
18th CMS	4	0
733rd AMS	3	1
18th SVS	3	1
18th AMXS	3	1
18th SFS	3	1
18th CS	2	2
18th EMS (B)	2	2
18th LRS (A)	1	2
18th CES (A)	1	2
18th EMS (A)	1	3
18th CES (C)	0	4
VP-8	0	4

Division II

	W	L
18th AMDS/DS	5	0
18th MOS	4	1
353rd OSS	3	0
390th IS	3	2
18th CES (B)	2	2
961st AACs	2	2
18th OSS	2	2
18th LRS (B)	2	3
18th CONS	1	3
82nd RS	1	3
18th CES (D)	1	4
554th RHS	0	4

Monday

25.....18 CS vs. 18 CES (A)
5:30 p.m., Falcon Gym
26.....18 CMS vs. 18 AMXS
6:30 p.m., Falcon Gym
27.....18 EMS (A) vs. 18 CES (C)
7:30 p.m., Falcon Gym
28.....733 AMS vs. 18 LRS
8:30 p.m., Falcon Gym

Tuesday

33.....353 OSS vs. 18 MOS
5:30 p.m., Falcon Gym
34.....18 LRS (B) vs. 18 OSS
6:30 p.m., Falcon Gym
35.....82 RS vs. 961 AACs
7:30 p.m., Falcon Gym
36.....18 CES (B) vs. 18 CONS
8:30 p.m., Falcon Gym

Thursday

37.....18 AMDS/DS vs. 554 RHS
5:30 p.m., Falcon Gym
38.....18 MOS vs. 390 IS
6:30 p.m., Falcon Gym
39.....82 RS vs. 18 CONS
7:30 p.m., Falcon Gym
40.....18 CES (B) vs. 18 LRS (B)
8:30 p.m., Falcon Gym

Standings are current as of Jan.27